gutflix
GI learning, personalised

Summary

Well-rounded care in functional disorders with Tim Vanuytsel

Egle Dieninyte - Misiune

Podcast Episode

Primary Care

June 11, 2025

Gastroenterologist Tim Vanuytsel discusses the clinical approach to functional gastrointestinal disorders, emphasizing positive diagnosis, patient communication, and multidisciplinary management rather than diagnosis by exclusion.

KEY POINTS

- Functional GI disorders should be diagnosed positively based on symptoms and limited testing to exclude red flags, not as a diagnosis of exclusion requiring extensive investigation.
- Effective patient communication involves acknowledging symptoms as real, using the analogy of a faulty 'filter' between gut and brain, and introducing the concept of hypersensitivity early in the consultation.
- Gastroenterologists should be comfortable prescribing neuromodulators such as duloxetine, amitriptyline, pregabalin, mirtazapine, and combining treatments for pain and other symptoms.
- Dietary management requires dietitian involvement for supervised elimination and reintroduction phases; providing elimination lists alone risks avoidant restrictive food intake disorder where patients progressively restrict their diet.
- Success is measured by patient-reported outcomes and realistic goal-setting, aiming for manageable symptom reduction rather than complete symptom elimination, with clinicians committing to ongoing follow-up.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/e043e8aa-46a1-11f0-88e4-0242ac140006

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.